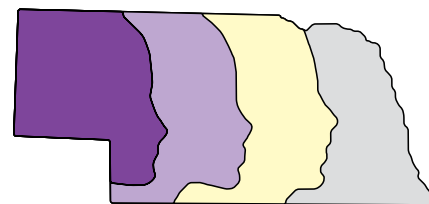


January - April 2006

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

Volume 2, Issue 1

Healthy Ways...Healthy Days

DARE TO...

Ask for what you want.
Believe in yourself.
Change your mind.
Do what you love.
Enjoy each and every day.
Follow your heart's desire.
Give more than you receive.
Have a sense of humor.
Insist on being yourself.
Join in more.
Kiss and make up.
Love and be loved.
Make new friends.
Nurture your spirit.
Overcome adversity.
Play more.
Question conformity.
Reach for the stars.
Speak your truth.
Take personal responsibility.
Understand more, judge less.
Volunteer your time.
Walk through fear.
Xperience the moment.
Yearn for grace.
be **Z**any.

-Meiji Stewart

If you would like more
information on women's health
issues, please visit

www.hhss.ne.gov/womenshealth

or contact us at

every.woman.matters@hhss.ne.gov

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Menu Make-Over

Old Menu	New Menu
Calories: 2300	Calories: 1800
Dietary Fiber: 13 g	Dietary Fiber: 35 g
Breakfast <ul style="list-style-type: none"> ▪ 1 c corn flakes ▪ 1/2 c 2% milk ▪ 1 c fruit juice drink (35% juice) 	Breakfast <ul style="list-style-type: none"> ▪ 1 c whole grain cereal ▪ 1/2 c skim or 1% milk ▪ 1 c fresh strawberries ▪ 1 slice whole wheat toast with 1 tsp butter or 1 T in peanut butter ▪ 1 c orange juice (100% juice)
Lunch <ul style="list-style-type: none"> ▪ Ham and cheese sandwich on rye bread ▪ Small bag potato chips ▪ 2 chocolate chip cookies ▪ 12 oz regular soda 	Lunch <ul style="list-style-type: none"> ▪ 1 c minestrone soup ▪ 4 whole-grain crackers ▪ Salad: 1 c spinach leaves, chopped carrots, cauliflower, tomatoes, 1/2 c kidney beans and 3 T low-fat dressing ▪ 1 peach ▪ 2 oatmeal raisin cookies ▪ 1 c nonfat milk
Dinner <ul style="list-style-type: none"> ▪ 1/4 Rotisserie chicken ▪ 1 c mashed potatoes ▪ 1/2 c stuffing ▪ 1/2 c corn ▪ 1/2 c raspberry ice cream with 2 T hot fudge 	Dinner <ul style="list-style-type: none"> ▪ Veggie and chicken fajitas: 1 whole wheat tortilla, 2 oz chicken breast, and 1/4 cup stir-fried green pepper, red pepper, and onion ▪ 1 oz low-fat cheddar cheese or 1 T low fat plain yogurt ▪ 1/4 c salsa ▪ 1/2 c brown rice with black beans ▪ 1/2 cup frozen raspberry yogurt topped with 1/4 cup fresh or frozen raspberries and 1 T chocolate syrup

The New Menu has...

- Twice as much food and 500 fewer calories!
- Almost three times as much fiber making each meal more filling and cancer protective!
- 9 servings of health promoting fruits and vegetables!! (vs 2 in the old menu)
- 6 servings of cancer-fighting whole-grains!! (vs 2 in the old menu)
- Low-fat milk and cheese in place of higher fat dairy - saving calories and lowering fat intake!
- A full banquet of plant foods making each meal more interesting, satisfying, and healthier!

Healthy Recipes

Couscous Salad

1 cup water
3/4 cup quick-cooking couscous, uncooked
1/2 cup dried tart cherries
1/2 cup coarsely chopped carrots
1/2 cup chopped cucumber
1/4 cup sliced green onions
1/4 cup toasted slivered almonds (optional)
3 tablespoons balsamic vinegar
1 tablespoon olive oil
1 tablespoon Dijon-style mustard
Salt and pepper, to taste

Bring water to a boil in a medium saucepan; stir in couscous.

Remove from heat; let stand, covered, 5 minutes. Fluff with a fork. Uncover; let cool 10 minutes.

Put cooked couscous, dried cherries, carrots, cucumbers, green onions and almonds in a large mixing bowl; mix well.

Combine vinegar, olive oil and mustard; mix well. Pour over couscous mixture, stirring to coat all ingredients.

Season with salt and pepper.

Serve chilled or at room temperature.

Makes four cups, about six servings.

Nutrition Information Per Serving (2/3 cup): 171 Calories; 5.6 g Fat, 0.1mg Cholesterol

Breakfast Burrito

1 1/3 cups cooked black beans, mashed
with 1 teaspoon no-added-salt canola oil
(or 1 1/3 cups canned vegetarian refried
beans)
4 corn tortillas
2 tablespoons red onion, chopped
1/2 cup fresh tomatoes, chopped
1/2 cup low-sodium salsa
4 tablespoons plain, nonfat yogurt
2 tablespoons cilantro, chopped

Mix beans with onion and tomatoes.

Microwave tortillas between two sheets of slightly damp white paper towels on high for 15 seconds.

Divide bean mixture between the tortillas.

Fold each tortilla to enclose filling.

Place on microwave-safe dish and spoon salsa over each burrito.

Microwave on high for 15 seconds.

Serve topped with yogurt and cilantro.

Nutrition Information Per Serving (one burrito): 165 Calories, 30g Carbohydrates; 2g Fat; 1mg Cholesterol; 8g Protein; 7g Fiber; 82mg Sodium

Bacon Cheddar Popovers

1 cup all purpose flour
1/8 teaspoon salt
2 eggs
1 cup milk
3/4 cup shredded sharp cheddar cheese
4 slices bacon, cooked and crumbled
2 scallions, trimmed and chopped

Coat 8 cups of a muffin pan with nonstick cooking spray. Heat oven to 450°.

In bowl, whisk together flour and salt. In second bowl, whisk together eggs and milk. Add to flour mixture; stir just until

blended. Fold in cheese, bacon, and scallions. Fill prepared cups 2/3 to 3/4 full. (A scant 1/3 cup batter in each.) Bake at 450° for 15 minutes. Reduce oven temperature to 350° and bake for 10 to 15 minutes, until browned and puffed. Keep oven closed until end of baking time or popovers will deflate. Remove popovers from oven and immediately remove from pan. Pierce sides once with a knife to release steam. Serve warm. If needed, reheat at 350° for 5 minutes to crisp outside edges.

Nutrition Information Per Serving (one popover): 151 Calories; 7g Fat; 6g Protein; 14g Carbohydrates; 1g Fiber

Nebraska Colon Cancer Screening Program

Every Woman Matters announces a NEW Program and Services to EWM Clients who are 50-64 and also to others within their Households 50+ (women AND men)



Every Woman Matters (EWM) is excited to announce a new program and services to eligible EWM clients across the state that can help reduce colon cancer incidence and mortality rates in Nebraska. This new program, called the Nebraska Colon Cancer Screening Program (NCP), will be open to EWM clients ages 50 to 64, and to those who live in the same household who are over 50 years of age (men and women).

Colon cancer is the only common form of cancer that occurs more often in Nebraska than in the rest of the nation. The U.S. incidence rate for colon cancer is currently 54.6 per 100,000 population. Nebraska's incidence rate is currently at 58.6 per 100,000 population with many of our counties in the 70-80 per 100,000 range. While there is evidence that screening for colon cancer can reduce death rates, only about 1/3 of adults over 50 in Nebraska report having received screening in the last 5 years.

Colon cancer occurs in the colon or rectum. The colon is also known as the large intestine or large bowel. The rectum is the passageway connecting the colon to the

anus. Colon cancer occurs most often in people age 50 and older. The risk increases with age. Both men and women can get colon cancer.

Risk Factors for Colon Cancer:

Your risk for colon cancer may be higher than average if you or a close relative have had colon polyps or cancer or if you have inflammatory bowel disease. Speak with your doctor about having earlier and more frequent tests if you think you're at high risk for colon cancer.

Screening Saves Lives:

If you are 50 or older, getting a screening test for colon cancer could save your life.

- Colon cancer usually starts from polyps in the colon or rectum. A polyp is a growth that should not be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed before they turn into cancer.
- Screening tests can also find colon cancer early, when the chance of being cured is better.

Current and Newly Enrolled Clients will:

- Receive the NCP packet with their annual rescreening packet. It includes a Colon Health

History and Release of Medical Information for clients to update and sign. There is also an Enrollment Form with a Colon Health History and a Release of Medical Information for someone else within the household over age 50 to complete if they also want to receive colon cancer screening information and tests.

- Need to complete the forms and return them to NCP.

Based on information received, NCP will provide the client with the proper screening test, which may include the Fecal Occult Blood Test (FOBT) Kit.

For clients with a family history of colon cancer or rectal bleeding, or a personal history of colon polyps, the screening test may be colonoscopy (Logistic and financial arrangements for the colonoscopy will be made by NCP staff).

For more information about the NCP, please visit www.hhss.ne.gov/crc.

Questions may be sent to: The Nebraska Colon Cancer Screening Program toll-free at 1-800-532-2227 or email ncp@hhss.ne.gov.

Take 10 to Talk

The National Women's Health Resource Center has created a campaign to help women learn how to talk to their health care providers. Take 10 to T.A.L.K. is an educational initiative that encourages women to take 10 minutes to get prepared for their exam. Each letter of TALK emphasizes one of the four important topics that women should talk about when visiting their health care professional.

Take 10 to T.A.L.K.

Tell your health care team about all prescription and nonprescription medications you take.

Ask about health screenings and how your family's medical history may affect you.

Learn where to find reliable health information and how to use it.

Kick start your health goals today with small changes that will lead to better health.

To learn more, visit www.healthywomen.org

New Phone System

Within the next few months Every Woman Matters will be joining the ranks of other entities by having an automated phone system. The program has over 52,000 women enrolled, over 600 providers across the state, and a large network of partners. Having an automated phone system not only will allow our staff to use their time more proficiently but will also allow you as the client ease of access to the appropriate staff members, thus receiving the correct information to your questions.

More information will be in the next issue of Healthy Ways...Healthy Days.

Reminders...

Help us improve communication with you...

If you would like to receive future issues of this newsletter via email, please send a note to every.woman.matters@hhss.ne.gov.

Nebraska Colon Cancer Screening Survey

Did you fill out and return the Healthy Ways...Healthy Days/Colorectal Cancer Screening Survey in the last issue? If you did not fill out the survey and would like to, please visit www.hhss.ne.gov/crc to fill it out online.

What You Need to Know about Diabetes

More than 9 million women in the United States have diabetes, and about 3 million of them do not know it!

Most of the food you eat is turned into sugar (glucose) for your body to use for energy. The pancreas makes insulin, which helps sugar get into your cells. When you have diabetes, your body doesn't make enough insulin or cannot use the insulin it does make. This causes sugar to build up in your blood. Over the years, high blood sugar leads to problems like heart disease, stroke, blindness, kidney disease, and other concerns.

Types of Diabetes

- **Type 1 diabetes:** Usually first diagnosed in children or young adults. In this form of diabetes, the immune system attacks the cells that make insulin in the pancreas and destroys them. The pancreas then makes little or no insulin, and cells can't take sugar from your blood. Someone with Type 1 diabetes takes insulin shots or uses an insulin pump.
- **Type 2 diabetes:** The most common form of diabetes. People can develop it at any age - even during childhood. Type 2 diabetes begins when your body can't use insulin properly, and there is too much sugar in your blood. At first the pancreas keeps up with the added demand by making more insulin. Over time it can't make enough insulin.

Diabetes Prevention

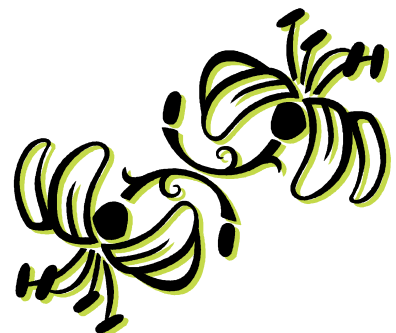
When you take steps to prevent Type 2 diabetes, you also lower your risk for heart disease, stroke, kidney disease, blindness, and amputation. Small changes in your lifestyle can make a difference. They include physical activity, maintaining a healthy weight, and eating a healthy diet.

Physical Activity: Get at least 30 minutes of physical activity most days of the week. Although an overweight person may face special challenges, moving any part of your body - even for a short time - can make you healthier.

Healthy Eating Plan: Choose low-fat foods and foods high in fiber. Cut down on fat and cholesterol by having low-fat dairy products and lean cuts of meat, fish, and poultry. Also, limit foods high in salt and sugar.

Signs of Diabetes

- Feeling tired
- Frequent urination (especially at night)
- Being very thirsty
- Weight loss
- Blurry eyesight
- Sores that heal slowly
- Loss of feeling or tingling in your feet



Computer Aided Digital Mammography

Most breast health centers and radiologists are using Computer Aided Detection (CAD) when they review mammograms. Currently, EWM does NOT pay for this service. By using CAD, it will cost you an additional \$25 - \$50. If you cannot afford this out-of-pocket cost, be sure to talk to the facility about how the test is reviewed. Ask the facility to use the methods that EWM pays for. If you choose to have a mammogram read by CAD, the facility may ask you to sign a waiver stating this request or ask you to talk to a financial advisor to make arrangements for payment.

Save the Date!

2006 Nebraska Women's Health Symposium

May 19
Embassy Suites, Lincoln



For more information:

www.hhss.ne.gov/womenshealth/WHS.htm

What You Need to Know about Diabetes, continued

Every Woman Matters Screens for Diabetes

The Every Woman Matters Program can help you receive a free or low-cost health exam that includes screening for diabetes. In addition to breast and cervical cancer screenings, clients ages 40 through 64 are eligible for blood pressure, blood cholesterol, and diabetes screening. Screening for diabetes is done with a fasting blood glucose test.

Every Woman Matters clients who have been screened for heart disease and diabetes can also take part in activities and receive information related to changing and maintaining healthy behaviors such as a healthy diet and being physically active.

For more information

Please contact the Nebraska Diabetes Prevention and Control Program. They can provide you with information for healthy living with diabetes. Information includes staying active, tasty recipes, and a diabetes newsletter that is available at no cost! For more information and to receive the newsletter, please call Joyce Pope at 402-471-2648.

Additional Resources

Nebraska Diabetes Program
American Diabetes Association
National Diabetes Education Program

www.hhs.state.ne.us/dpc/ndcp.htm
www.diabetes.org
www.ndep.nih.gov



The Nebraska Health and Human Services System is committed to affirmative action/ equal employment opportunity and does not discriminate in delivering benefits or services.

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Cancer Early Detection Program Cooperative Agreement and the Well Integrated Screening and Evaluation for Women Across the Nation Cooperative Agreement with the Nebraska Health and Human Services System #U57/CCU706734-06 and #U57/CCU7191-66.

This newsletter is published 3 times per year by the NHHSS Every Woman Matters Program. If you wish to reproduce any of the articles in this newsletter, in whole or in part, please contact us for permission.

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



Krissy's Corner

I have learned that a little bit of sugar makes the medicine go down, and just one person on your side is all you need. So sit a spell, laugh and learn with me, and hopefully I will have some helpful and funny things for you to enjoy.

You have questions, we have answers..

Q. My doctor says that I need a Pelvic Ultrasound. Do you cover that?

A. No, we do not cover Pelvic Ultrasound. We only pay for screenings that would find cancer. What I would suggest is that you talk with your Doctor about other resources to help you with this test.

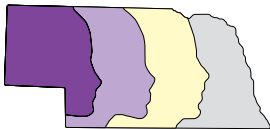
Thought "Take care of yourself"

We women are really good at doing for others and forgetting about ourselves (I can relate). However, going to the Doctor and having our "exams" is one very good way to take care of ourselves so that we can continue to take care of others.

Reminder: If you do not receive your screening visit card before your appointment, PLEASE call our office at 1(800)532-2227.

Until next time...

Every Woman Matters



NEBRASKA OFFICE OF WOMEN'S HEALTH

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